

Utah State Division of Substance Abuse and Mental Health

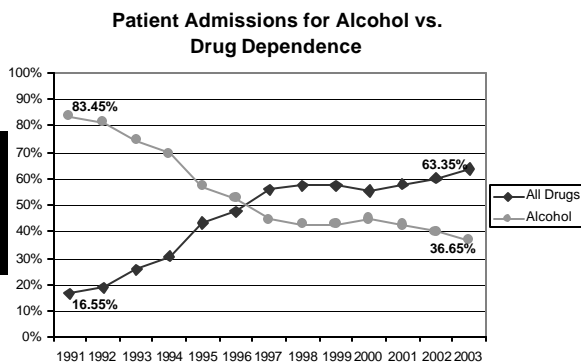
Substance Abuse Community Treatment Services FY2003 Fact Sheet

Treatment for substance abuse and dependence disorders has changed dramatically over the past several years. As the data reflect, the drugs of abuse have changed, as have the patient characteristics. These changes have resulted in more patients with serious treatment issues to deal with, in addition to family, legal and vocational issues. In response to these changes the treatment field has developed evidence-based interventions to more effectively address the needs of the clients presenting for treatment. In Utah, about **5%** of adults and **8%** of youth are in need of substance abuse treatment. The public substance abuse treatment system has served 19,432 individuals or 25% of the actual need in the state.

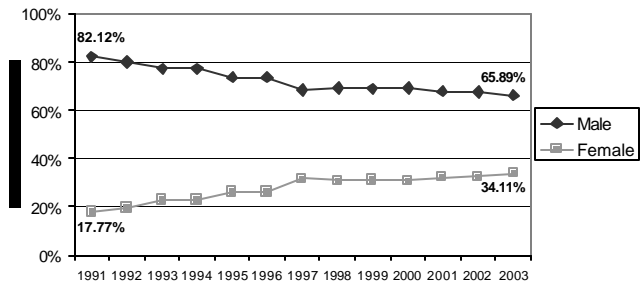
Admission Trends

During the past decade, there has been a large increase in the number of women who have entered treatment programs compared to men. There were 12,383 men admitted into treatment in 1991 compared to 13,140 in 2003; that is 757 more admissions or a 6% increase. For women over the same time frame, there were 2,679 women admitted in 1991 and 6,803 women admitted in 2003; this is an increase of 4,124 admissions or a **154% increase**. With methamphetamine on the rise over the past few years, female admissions have increased. Currently, men make up about two-thirds of the public treatment system and women account for one-third of admissions.

Twelve years ago, 81% of Utah patients came into treatment for help with alcohol dependence; in fiscal year 2003, that percentage fell to 37%. On the other hand, the percentage of patients entering treatment for illicit drug abuse/dependence has risen from 19% in 1992 to almost 63% in 2003.

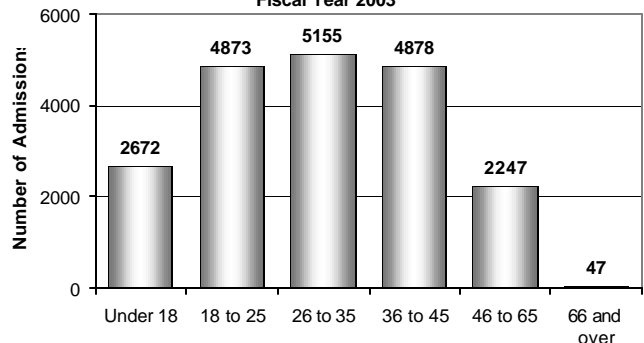


Trends in Admission by Gender

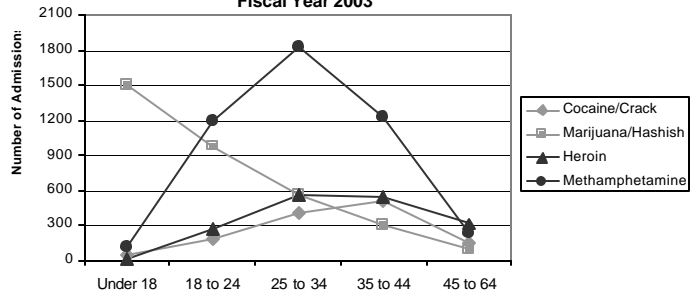


The following graph demonstrates the age at admission for patients entering treatment. Patients ages 26 to 35 comprised the largest age group in FY2003 (5,155). It is interesting to note, however, that the largest group of patients of the same age was the 17-year-old cohort that had 776 admissions. The average age of all patients admitted in FY2003 was 30 years.

Age Grouping Fiscal Year 2003



Top Four Illicit Drugs of Choice by Age Groups Fiscal Year 2003

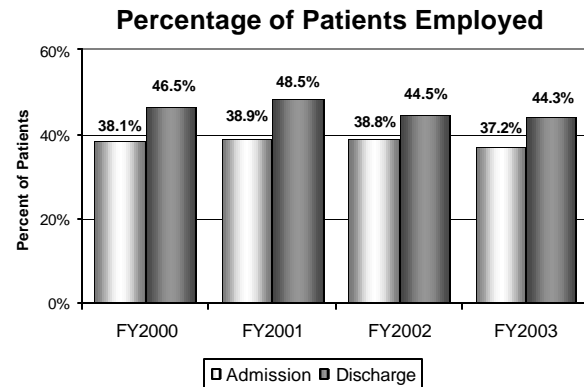
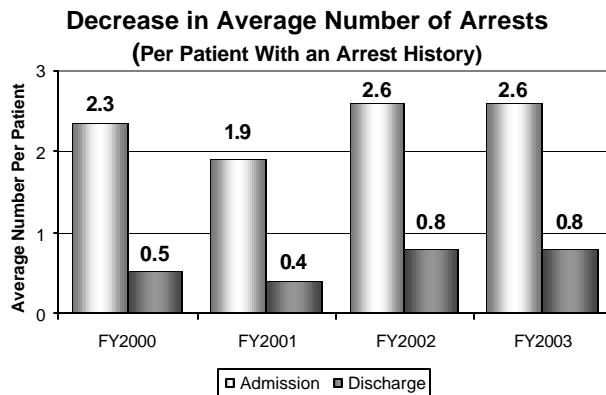


The table above demonstrates illicit drugs of choice at admission by age group. For adolescents under 18, most admissions are a result of marijuana use. For the first time, methamphetamine is the drug of choice for 25 to 34 year olds and continues to be the drug of choice for 35 to 44 year olds.

Treatment Outcomes:

The Utah Division of Substance Abuse and Mental Health monitors patient outcomes during their treatment episodes. The following statistics show how treatment improves the lives of these patients and the community as a whole.

- 49.9% of patients were abstinent at discharge.
- 7.6% of patients had reduced use at discharge.
- The percentage of patients employed increased from 37% at admission to 44% at discharge.
- The average number of arrests (for those with arrest history) decreased from 2.6 to 0.8.



Dollars and Sense

The California Drug and Alcohol Assessment, a two year follow-up study, showed that for each \$1 spent on alcohol or drug treatment, \$7.14 was saved in future costs, largely in relation to costs avoided because of reductions in crime (1994). It costs less to provide one year of treatment to patients with a substance abuse diagnosis than:

- incarceration for one year;
- providing foster care for dependent children;
- vocational rehabilitation services and lost wages;
- healthcare associated with drug or alcohol related illnesses; or
- court and legal costs, including the cost of law enforcement.

It makes sense to provide evidence-based treatment services to patients in order to improve the quality of life for the patient and their family.

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